

Important News from HealthQuest



❖ OnSite Biometric Screenings Begin Today!

Click [HERE](#) to see the complete Screening Schedule and log-on to www.kansashealthquest.com to Schedule your appointment. OnSite Screenings are now worth 5 HealthQuest Credits!!

Location	CITY	Date	Start Time	End Time
Pittsburg State University, Overman Student Center, Governors Rm, 302 E Cleveland	Pittsburg	12/1/2015	7:00 AM	12:00PM
Athene Bldg, DCF Administration Building, 555 S Kansas Avenue, 1st floor (Rms DAB 1N2A; DAB 1N2B)	Topeka	12/2/2015	8:00 AM	1:00 PM
Fort Scott Community College, Fine Arts Center Meeting Rooms, 2108 S Horton	Fort Scott	12/2/2015	7:00 AM	1:00PM
KS Board of Healing Arts, Main Conf Rm, Lower Level-Suite A, 800 SW Jackson	Topeka	12/3/2015	7:00 AM	1:00 PM
Osawatomie State Hospital, Admin Bldg, Kansas Rm, 500 State Hospital Dr	Osawatomie	12/3/2015	7:00 AM	12:30 PM
Franklin County Annex, Commission Chambers, 1418 S Main St	Ottawa	12/4/2015	7:00 AM	12:00PM
KU School of Medicine - Wichita, Meadowlark Rm 1305, 1010 N Kansas	Wichita	12/8/2015	8:30 AM	1:00PM
University of Kansas, KU Memorial Union 1301 Jay Hawk Blvd, Jay Spare Rm	Lawrence	12/9/2015	8:00 AM	1:00 PM
University of Kansas, KU Memorial Union 1301 Jay Hawk Blvd, Jay Spare Rm	Lawrence	12/10/2015	8:00 AM	1:00 PM
Landon Bldg, Rm 509, 900 SW Jackson St	Topeka	12/11/2015	7:30 AM	12:00 PM
USD 288, Central Heights School, Cearfoss Gym, 3521 Ellis Rd, Richmond	Richmond	12/18/2015	8:00 AM	1:00 PM

Rx Savings Solutions

(Registration worth 3 HQ Credits) <https://portal.rxsavingsolutions.com/#/register>

❖ Check Your Formulary, and Save

Members of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply checking their formulary. A formulary, also known as a preferred drug list, is a list of generic and brand name drugs that are preferred by a health plan. Health plans will choose formulary drugs that are just as safe and effective as the alternatives, but cost less. Formularies are reviewed by a team of pharmacists and physicians,

and are updated regularly, so it is important for patients to re-check their formulary periodically. January 1st is right around the corner, and this is a common time for formularies to undergo major changes.

Here is an example of how checking your formulary can save you money:

In 2015, SEHP Plan A members paid an average co-insurance of \$225.38 for 30 tablets of the diabetes medication Glumetza® 1000mg, which is a non-preferred drug. However, SEHP Plan A members paid an average co-insurance of \$0.31 for 60 tablets of metformin extended-release 500mg, which is a preferred drug in the same drug class as Glumetza®. That is a savings difference of \$2700.84 per year!

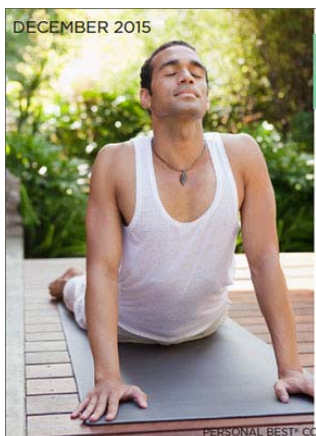
Significant savings can be found by switching to a preferred formulary drug. We encourage you to check the list of the SEHP formulary changes, effective January 1, 2016 [here](#). If your medication(s) is/are listed, please check the link [here](#) to see what your formulary options are, and discuss these options with your doctor. It is important for patients to be active participants in managing their health.

Register and log on to our website at <https://portal.rxsavingsolutions.com/login> to see how you can save. This service is free to SEHP employees and their dependents.

References:

1. <http://www.opm.gov/faqs/QA.aspx?fid=fd635746-de0a-4dd7-997d-b5706a0fd8d2&pid=162b86b1-5da8-45dc-ab32-3385f17e3460>
2. Non-Preferred Drug List 01/01/2016: <http://www.kdheks.gov/hcf/sehp/BenefitDescriptions/CVSCaremark/2016-NonCoveredPrescriptionDrugList.pdf>
3. Preferred Alternative Drug List: <http://www.kdheks.gov/hcf/sehp/BenefitDescriptions/CVSCaremark/2016-DrugsRequiringPriorAuth.pdf>

DECEMBER 2015



YOGA: MIND ON EXERCISE

Yoga is a mind-body exercise. That means it combines movement with meditation or mental focus. Turning inward may enhance the exercise experience and influence your mental and physical well-being.

Yoga combines **gentle exercise** with techniques that improve your **ability to cope with stress and anxiety**. Physically, practicing yoga may be a valuable aid for relieving numerous health problems, including back pain, cancer treatment, insomnia, arthritis and fibromyalgia.

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DECEMBER 2015

MAKE A GREAT PLATE.

Replace added sugar with fruit whenever possible.

COCOA RASPBERRY MUFFINS

Ingredients

1/2 cup all-purpose flour	1/2 tsp baking powder
1/3 cup cocoa powder, unsweetened	1/3 cup applesauce
1/3 cup sugar	1/4 cup raspberry jam
1/2 tsp baking soda	3 egg whites
	1 tsp vanilla flavoring

Directions

In 1 mixing bowl blend the first 5 ingredients; in a separate bowl blend the remaining ingredients. Combine ingredients from both bowls and mix well. Spoon into muffin cups and bake at 350°F for 18-20 minutes (or until muffins spring back when tapped).

Makes 8 muffins. Each: 104 calories • 3g protein • .7g fat • 23g carb • 2g fiber • 128mg sodium



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❖ The Healthy Holidays Challenge Kicked Off November 23rd!

Join us in this 6-week challenge and earn activity points by exercising, sleeping, limiting sweets and alcohol, eating a healthy dinner and being grateful! Get through the holidays with a goal of Maintaining your weight and not Gaining! The challenge runs through the whole holiday season and ends on January 1st.

❖ Visit www.kansashealthquest.com for more information!



Healthy Holidays

Maintain Don't Gain
November 23, 2015
thru January 1, 2016

Managing your weight just got easier!

Practice healthy habits that support healthy living & weight management.

❖ Handling Holiday Stress

Too often, the Holidays are a source of stress rather than what they're meant to be: a chance to share the festive season with family and friends. Here are some tips for coping with stress and getting more cheer out of your holidays.

- **Don't be perfect; be you.** Set realistic expectations for yourself. Keep your plans and activities simple.
- **Pace yourself.** Thanksgiving, Hanukkah, Christmas, and the New Year can all be busy times. Remember, the season lasts for weeks. Get organized, and break your preparations into small steps.
- **Budget wisely.** It is easy to buy on credit and ignore the bills until after the holidays. Set your limit ahead of time.
- **Get into the spirit.** Deck the halls. Build a snowman. Too often adults miss out on the simple pleasures of celebrating the holidays.
- **Take time out for yourself.** Unwind and pamper yourself with a break from the action. Try relaxation techniques, meditation or deep-breathing exercises.
- **Embrace family.** Look forward to reuniting with relatives this holiday. Cherish the time you spend with your loved ones, and make an effort to be as relaxed, positive and cheerful as you can.
- **Celebrate safely.** Give your body a gift this year by treating it with respect. Don't overindulge in sweets and goodies. Know your limits when it comes to alcohol.
- **Make New Year's resolutions.** Setting goals challenges us to aim for higher fulfillment and self-improvement.

❖ For more holiday stress tips log-on to www.guidanceresources.com (Company ID: SOKEAP)

Employee Assistance Program (EAP) Webinar – Thursday December 17th, 2015 at 3PM
(Worth 1 HQ Credit)

❖ Friendly Persuasion: How to Get the Things You Want

While it's true that some people are intuitively good at persuading others, for most of us the most reliable path to success lies in knowing what we want to achieve and systematically deciding how we want to go about achieving it. Persuasion is a skill that everyone in the organization uses to accomplish goals. Used effectively, persuasion can lead to solutions that work in everyone's best interest. This workshop will provide you with communication techniques to get the results that you want and need.

Register at: <https://attendee.gotowebinar.com/register/7949222047326124801>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you following the webinar.

❖ Promotion through December – Create Your Own Will - Only \$11.99

Get peace of mind....go to www.guidanceresources.com, (Company ID: SOKEAP) log-on and click on EstateGuidance for online support and instructions for executing your will. Choose between a Last Will & Testament or a Living Will.

HealthQuest Seminar – Available December 1st, 2015 (Worth 1 HQ Credit)

❖ Better Living: You Can Do It!

If you want to make a change that'll stick, two things will help a lot: setting smart goals, and believing in yourself. This seminar will help you get ready to set and reach your personal goals.

Log-on to www.kansashealthquest.com anytime to access the seminar. Go to **Library** and scroll down, the **Seminars** are listed under **Tools**.

DECEMBER 2015

Safety Corner

Don't Let Frostbite Bite! 

If you live in a cold region or plan on visiting one this winter, keep these tips in mind to avoid frostbite:

- Dress in layers of warm clothing that can wick moisture away from your body. Use wind- and waterproof outer layers to protect against wind and snow.
Tip: Mittens keep hands warmer than gloves.
- Limit your time outdoors, especially in subzero weather or on days when the wind chill keeps the temperatures low.
- Wear a hat and make sure it covers your ears.
- Don't drink alcohol if you plan to be outdoors for a while. Alcohol causes your body to lose heat (and dehydrates you as well).
- Know the signs of frostbite – redness or pale, waxy skin, numbness and a painful prickly feeling.



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